

Information for parents and carers

WHERE TO GO FOR ADVICE

Mencap Learning Disability Helpline

[Learning Disability Helpline.](#)

We're here from 9am to 3pm, Monday to Friday on **0808 808 1111**.

Mencap Treat me well

www.mencap.org.uk/get-involved/campaign-mencap/current-campaigns/treat-me-well

Carers FIRST

Phone: 0300 303 1555

Email: hello@carersfirst.org.uk

Central Office: Michael Gill Building, Tolgate Lane, Strood ME2 4TG, UK

www.carersfirst.org.uk

Medway Healthwatch

Phone: 0800 136 656 between the hours of 10:00 – 16:00 Monday to Friday.

Post: 5A New Rd Ave, Chatham ME4 6BB

Email: enquiries@healthwatchmedway.com

www.healthwatchmedway.com/contact-us

Medway Learning Disabilities Team

www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/learning-disabilities

Medway Parents and Carers Forum

Phone: 01634 3333145 (term time mornings only) or 07813 123 984

Email: medwaypcf@googlemail.com

www.medwaypcf.org.uk

For more information visit

www.medway.gov.uk/ldannualhealthcheck

ANNUAL HEALTH CHECKS FOR PEOPLE AGE 14+ WITH LEARNING DISABILITIES IN MEDWAY

"Have you had your annual health check yet?"

"People with a learning disability need to take care of their health and have regular health support to make sure they stay as healthy as possible."

"Young people and adults are entitled to a full health check every year."

"It is up to all of us, including friends, parents, carers, doctors and people who work with us to make sure none of us miss out."

Joe Wastell aged 26 Rochester



People who have a learning disability are at risk of poorer physical and mental health than other people.

This is because they might not get the right kind of medical care; their medical needs may not be recognised; or perhaps they are not listened to fully.

But a free NHS health check every year can help these young people and adults keep fit and well.

What can I do?

All people **aged 14 or over with** a learning disability are entitled to a free health check every year. But they need to be on their doctor's learning disability register.

Talk to the doctor and make sure the person you care for, is on the LD register, and **make an appointment for an annual health check.**

Will my doctor do the health check?

Most doctor's do annual health checks. **Phone or visit the local surgery** and ask the doctor or nurse if they do annual health checks and ask for an appointment.

If the surgery does not, ask them to arrange an appointment at a nearby practice who can see you or the person you care for instead.

Or ask the local community learning disability team for advice. They should be able to help arrange an annual health check.



Do I need to remember to book an appointment for health check?

The doctor may contact you. But please don't wait for the doctor to contact you. If the doctor hasn't been in touch, you should ask the surgery to make an appointment.

Why is a health check every year important?

Sometimes people with learning disabilities don't realise they have a health problem which could put them at risk of serious long-term illness.

An annual health check can help the person you care for:

- ✓ Learn about how to stay healthy and fit
- ✓ Catch illnesses before they become serious
- ✓ Get help and advice when they need it from the right person
- ✓ Learn how to look after themselves more so they stay independent and healthy.

What should I do next?

In **Medway, approximately 5 out of 10 people** had their health check. Like Joe says, 5 out of 10 is not enough. We want as many people as possible to get on their doctor's learning disability register and have a health check every year.

If you look after or care for someone over 14 who has a learning disability, please support them to get on the LD register and have their health check as soon as possible.

As Joe says: "Everybody deserves to live a long and healthy life."

What if I need more information?

If you are not sure what to do next, there are organisations in Medway you can turn to for help and advice. See the information at the back of this leaflet.